The Aging Foot, Balance and Walking Speed Transcript

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Walking Speed as a Vital Sign

Walking speed is referred to as our sixth vital sign, and research has shown that as we age, our walking speed can start to slow and that that slowed walking is a predictor of morbidity and mortality.

So what does this mean?

Balance and Single-Leg Stability

How do you maintain an optimal walking speed? The way that I look at this is by focusing on balance. In order to walk fast we have to be able to take long steps.

And in order take to long step we must be be to stand on one leg. Now research has shown that the predictor of false is also correlated to your inability to stand on one leg for 10 seconds.

So do you think you can pass my balance test? Could you stand one one-leg for ten seconds?

Foot Strength Exercises for Better Walking

If you cannot, then that is a predicter of FALSE. That is ALSO a Predictor Of Slowed Walking Speed. One of my favorite ways to increase balance is to strengthen the muscles of your feet and toes.

I have exercises demonstrating forward lean, short foot, and other isometric exercises on my YouTube. If you can incorporate just five minutes of balance exercises a day, that will support walking speed, which will supports your overall longevity.